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CLAIMS:

1. A therapeutic apparatus including:
a tank arranged to hold a body of fluid being
5 sufficiently deep to submerge an upright person at
least up to their neck;
means for agitating the fluid to effect a
perturbation massage upon a person submerged in the
fluid to mobilise toxins in the person's lymph
10 system.
2. A therapeutic apparatus according to claim 1 further
including a body of fluid wherein the fluid has a
density greater than water.
3. A therapeutic apparatus according to claim 2 wherein
15 the fluid is a mixture of water and a salt.
4. A therapeutic system according to claim 3 wherein the
salt includes a salt of magnesium.
5. A therapeutic system according to any preceding claim
wherein the means for agitating includes a pump.
- 20 6. A therapeutic system according to any preceding claim
wherein the means for agitating further includes
nozzles for delivering a jet of pressurised fluid.
7. A therapeutic apparatus according to claim 6 wherein
the nozzles are arranged to rotate.
- 25 8. A therapeutic system according to any preceding claim
further including means to maintain the person in the
submerged position.
9. A therapeutic system according to claim 8 wherein the
means to maintain the person in the submerged
30 position includes a system of weights or tethers.
10. A method of effecting lymphatic drainage in a person
including the steps of:
submerging the person in a body of fluid up to about

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- their neck and in a substantially vertical orientation; and
agitating the fluid to effect a perturbation massage upon the person submerged in the fluid to mobilise toxins in the person's lymph system.
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11. A method according to claim 10 wherein the fluid has a density greater than water.
12. A method according to claim 11 wherein the fluid includes a mixture of water and a salt.
- 10 13. A method according to claim 12 wherein the salt includes a salt of magnesium.
14. A method according to any one of claims 10 to 13 wherein the step of agitating includes pumping the fluid.
- 15 15. A method according to any one of claims 10 to 14 wherein the step of agitating includes the step of delivering the fluid into the tank through nozzles for delivering a jet of pressurised fluid.
16. A method according to claim 15 wherein the nozzles are arranged to rotate.
- 20 17. A method according to any one of claims 10 to 16 wherein the person is maintained in the submerged position by a system of weights or tethers.
18. A therapeutic method including the steps of:
- 25 submerging the person in a body of fluid up to about their neck and in a substantially vertical orientation; and
agitating the fluid to effect a perturbation massage upon the person submerged in the fluid.
- 30 19. A method according to claim 18 wherein the fluid has a density greater than water.
20. A method according to claim 19 wherein the fluid includes a mixture of water and a salt.

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21. A method according to claim 20 wherein the salt includes a salt of magnesium.
22. A method according to any one of claims 18 to 21 wherein the step of agitating includes pumping the fluid.
23. A method according to any one of claims 18 to 22 wherein the step of agitating includes the step of delivering the fluid into the tank through nozzles for delivering a jet of pressurised fluid.
24. A method according to claim 23 wherein the nozzles are arranged to rotate.
25. A method according to any one of claims 18 to 24 wherein the person is maintained in the submerged position by a system of weights or tethers.
26. A method of treating a condition in a person comprising the steps of: submerging the person in a body of fluid up to about their neck and in a substantially vertical orientation; and agitating the person submerged in the fluid to mobilise toxins in the person's lymphatic system.
27. A method according to claim 26 wherein the fluid has a density greater than water.
28. A method according to claim 27 wherein the fluid includes a mixture of water and a salt.
29. A method according to claim 27 wherein the salt includes a salt of magnesium.
30. A method according to any one of claims 26 to 29 wherein the step of agitating includes pumping the fluid.
31. A method according to any one of claims 26 to 30 wherein the step of agitating includes the step of

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delivering the fluid into the tank through nozzles for delivering a jet of pressurised fluid.

32. A method according to claim 31 wherein the nozzles are arranged to rotate.

5 33. A method according to any one of claims 26 to 32 wherein the person is maintained in the submerged position by a system of weights or tethers.

34. A method according to any one of claims 26 to 33 further comprising the step of elevating the body
10 temperature of the person to thereby cause the person to perspire.

35. A method according to claim 34 wherein the body temperature is elevated subsequent to removal of the person from the fluid.

15 36. A method according to claim 34 or 35 wherein the body temperature is elevated by exposing the person to a dose of infra-red radiation that is sufficient to cause the person to perspire.

37. A method according claim 36 wherein the person is
20 exposed to infra-red radiation in an infra-red sauna.

38. A method according to any one of claims 26 to 29 wherein the condition is associated with the accumulation of toxins in the lymphatic system of the person.

25 39. A method according to any one of claims 26 to 38 wherein the condition is selected from the group consisting of lethargy, fatigue, malaise, weakness, arthralgia, myalgia, insomnia, sleep disturbance, sinus congestion, chest congestion, poor immunity,
30 cognitive dysfunction, learning difficulties, mood disorders, lack of motivation, loss of libido, Skin rashes, acne, fluid retention, headaches, tachycardia, ectopics, gulf war syndrome, diabetes,

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cancer, heart failure, kidney failure, liver failure,
chronic auto-immune conditions, lupus, rheumatoid
arthritis, Crohn's disease, ulcerative colitis,
emphysema, Hepatitis C, HIV, chronic substance abuse,
5 dysbiosis, Leaky gut syndrome, chronic fatigue
syndrome, fibromyalgia, recurrent infections, and
detoxification of toxic drug metabolites from
prescription medication or chemotherapy drugs.

10 Dated this 24th day of February 2005

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By their Patent Attorneys

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